

5 WHAT IS CLAIMED IS:

1. A support apparatus with interchangeable inserts,  
the support apparatus, comprising:

10 an elongate body having a first side and a second  
side disposed opposite the first side, the first side  
having a hook and loop fastening surface disposed  
thereon, the elongate body having a first end and a  
second end opposite the first end, the first and second  
ends capable of being attached to each other so that the  
15 body can be disposed in end-to-end fashion;

at least one insert having a first side and a  
second side opposite the first side, the second side  
having a hook and loop fastening surface capable of  
cooperating with the hook and loop fastening surface on  
20 the elongate body.

2. The apparatus of Claim 1, further comprising:  
at least one strap attached to the body at a first end  
of the strap and having a free second end disposed  
25 opposite the first end, the second end having a hook and  
loop fastening surface disposed thereon, the strap  
having a cooperating hook and loop fastening surface  
disposed between the first and second end.

30 3. The apparatus of Claim 2, further comprising:  
an anchoring ring attached to the body.

4. The apparatus of Claim 1, wherein the first side of  
the insert has a plurality of projections.

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5. The apparatus of Claim 1, wherein the insert is  
hollow such that a cavity is formed therein.

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- 5 6. The apparatus of Claim 5, wherein a gel is disposed  
in the cavity.
7. The apparatus of Claim 5, wherein a liquid is  
disposed in the cavity.
- 10 8. The apparatus of Claim 5, wherein a solid material  
is disposed in the cavity.
9. The apparatus of Claim 1, wherein the insert  
15 comprises a sheet of absorbent material.
10. The apparatus of Claim 1, wherein the insert  
comprises a magnet.
- 20 11. The apparatus of Claim 1, wherein the insert  
comprises a perforated material.
12. A support apparatus with interchangeable inserts,  
the support apparatus, comprising:
- 25 an elongate body having a first side and a second  
side disposed opposite the first side, the first side  
having a hook and loop fastening surface disposed  
thereon;
- at least one strap attached to the body at a first  
30 end of the strap and having a free second end disposed  
opposite the first end, the second end having a hook and  
loop fastening surface disposed thereon, the strap  
having a cooperating hook and loop fastening surface  
disposed between the first and second end;
- 35 an anchoring ring attached to the body; and,  
at least one insert having a first side and a  
second side opposite the first side, the second side  
having a hook and loop fastening surface capable of

5 cooperating with the hook and loop fastening surface of  
the elongate body.

13. The apparatus of Claim 12, wherein the first side  
of the insert has a plurality of projections.

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14. The apparatus of Claim 12, wherein the insert is  
hollow such that a cavity is formed therein.

15. The apparatus of Claim 14, wherein a gel is  
disposed in the cavity.

16. The apparatus of Claim 14, wherein a liquid is  
disposed in the cavity.

20 17. The apparatus of Claim 14, wherein a solid material  
is disposed in the cavity.

18. A support apparatus with interchangeable inserts,  
the support apparatus comprising:

25 a base member shaped to conform to the hand of a  
user, the base member having a first side and a second  
side disposed opposite the first side, the first side  
having a hook and loop fastening surface disposed  
thereon;

30 at least one strap for attaching the base member to  
the hand of the user; and,

at least one insert having a first side and a  
second side opposite the first side, the second side  
having a hook and loop fastening surface capable of  
35 cooperating with the hook and loop fastening surface of  
the elongate body.

19. The apparatus of Claim 18, wherein the first side  
of the insert has a plurality of projections.

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20. The apparatus of Claim 18, wherein the insert is hollow such that a cavity is formed therein.

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21. The apparatus of Claim 20, wherein a gel is disposed in the cavity.

22. The apparatus of Claim 20, wherein a liquid is disposed in the cavity.

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23. The apparatus of Claim 20, wherein a solid material is disposed in the cavity.

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